Haverford, PA -- On Thursday, January 25, Congressman Joe Sestak (PA-7) hand delivered letters to Haverford High School students who wrote him on the pressing issues of the day, including the War in Iraq, the cost of a college education, the cost of health care and stem cell research.

"My congressional district is my number one priority and being responsive to my constituents is vital to a successful operation," noted Joe. "I was especially pleased to receive letters from the Haverford High School Advanced Placement American Government class on the important issues of the day, from the War in Iraq to stem cell research. Not only did I want to respond to each and every letter, but I also wanted to personally hand deliver my responses to them and have a discussion because of their keen interest in current events. I believe responding personally to constituents is a significant part of our public service."

Joe told the students that he was impressed by the depth of the questions in their letters. He also answered questions from students about his recent vote to cut student interest rate loans in half, the State of the Union and President Bush's plan to increase troops in Iraq. He explained that in order for Democrats to be successful and fulfill its promise to voters, Congress must "dare greatly."

Education is an extremely important part of what Joe is about. In fact he has met with all the public school district superintendents or their representatives in Delaware County as well as visiting various schools. And because intervention is an important issue, these have included the Easter Seals school, the Pathway School in Montgomery County and meeting with the director of the Delaware County Intermediate Union, as well as the parents of students. Joe is also meeting again with the school superintendents in Delaware County on Friday at the Delaware County Intermediate Unit.

On the House Education and Labor Committee, Joe serves on The Early Childhood, Elementary, and Secondary Education Subcommittee and the Health, Employment, Labor, and Pensions Subcommittee.

Born and raised in Delaware County, former 3-star Admiral Joe Sestak served in the Navy for 31 years and now serves as the Representative from the 7th District of Pennsylvania. He led a series of operational commands at sea, including Commander of an aircraft carrier battle group

of 30 U.S. and allied ships with over 15,000 sailors and 100 aircraft that conducted operations in Afghanistan and Iraq. After 9/11, Joe was the first Director of "Deep Blue," the Navy's anti-terrorism unit that established strategic and operations policies for the "Global War on Terrorism." He served as President Clinton's Director for Defense Policy at the National Security Council in the White House, and holds a Ph.D. in Political Economy and Government from Harvard University. According to the office of the House Historian, Joe is the highest-ranking former military officer ever to serve in the U.S. Congress.

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